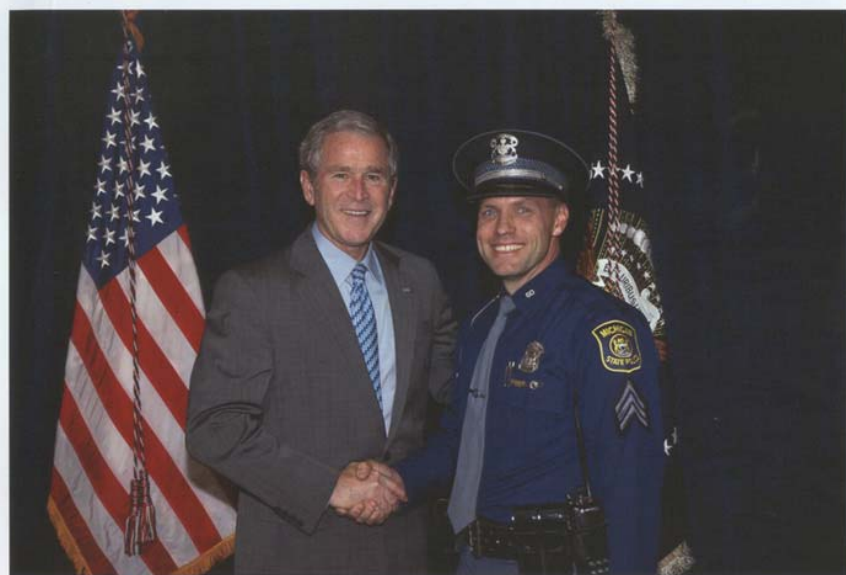


My 1st Anniversary: My Target - 41 Pounds Less!

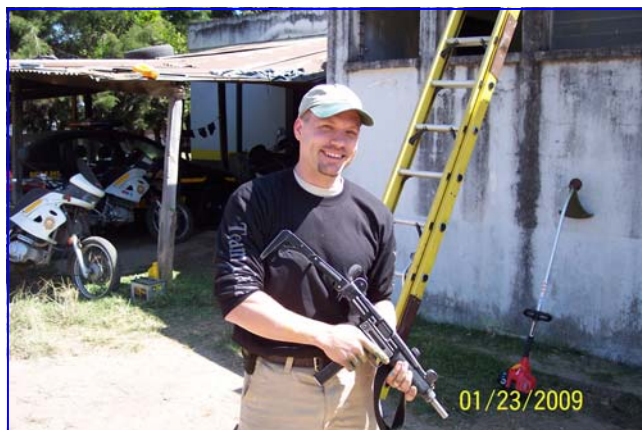
In March 2008, I joined Weight Watchers to lose some weight. Many people said I didn't need to, but at 5'8 and 210 lbs, I had plenty to lose. By December, I was down to my target weight of 169 and have maintained that....My cholesterol also dropped about the same as my weight. I went from 215 to 175 total cholesterol and easily convinced my doctor that I didn't need the medication he wanted to put me on.



*To Karl Schmitz
With best wishes,*

A handwritten signature in black ink, which appears to be "GWB", written over a white background.

After several people at my worksite took me aside to ask if I was doing OK, I assured them that I was, that the weight loss was intentional, and I felt great. Around the first of the year, I had two co-workers approach me and ask how I did it, that they needed to lose some weight and that they were going to join Weight Watchers, after seeing how well it worked for me.



Sgt Karl Schmitz, MSP Hometown Security Team